



Extension

UNIVERSITY OF WISCONSIN-MADISON
OZAUKEE COUNTY

Agriculture

Stephanie Plaster

Supporting Farmers During Challenging Times: THRIVE Today for Tomorrow

Stephanie and three Area 15 colleagues developed and implemented two local meetings aimed at helping ag professionals recognize signs of a person experiencing a mental health crisis and help them become more confident working with farmers in distress. Stephanie co-developed and presented “Making the Connection: Communicating with Distressed Farmers”.

Fifteen people participated at the West Bend location. Based on a 5-point Likert scale, participants (n=10) rated their knowledge before and after each session. Participants indicated a 1.3 point increase on “Change...Embracing Option B”, a 1.9 point increase on “QPR: Question, Persuade, Refer Suicide Prevention Training”, and a 1.4 point increase on Stephanie’s presentation “Making the Connection: Communicating with Distressed Farmers”.

After attending the workshop, participants indicated they now understand that transition is a process and unique to each individual (4.6), are more aware of how to recognize signs of suicide (4.6), are more comfortable responding to a person in distress (4.0),

better understand strategies for effective communication (4.2), and are more confident in their ability to support farmers during challenging times.

Participants also stated they were likely to incorporate listening skills, patience, watching for signs of suicide, using referrals, and practicing empathy not sympathy into their work. Comments received included “Good job getting people involved and engaged”, “very good speakers, very relatable”, “much needed”, “topics were on point, speakers very knowledgeable considering the past four years of bad economy”.

Stephanie and the area team also received a grant to develop and distribute a resource guide for the “THRIVE Today for Tomorrow” program.



4-H Youth Development

Vacant

The 4-H Youth Development Program Coordinator position fulfillment is underway.

Interviews are being conducted. Any further questions regarding the position can be directed to Cindy Sarkady, Area Extension Director, at cindy.sarkady@wisc.edu.



Monthly Report May 2019





We Teach, Learn, Lead And Serve, Connecting People With The University of Wisconsin, And Engaging With Them In Transforming Lives And Communities.



Community Development

Karina Ward

Members of Bridge the Divide, a grassroots forum for discussion and action around racial reconciliation in Ozaukee County, contacted Karina to facilitate a visioning session and help the group organize around action. The groups seeks to “identify instances of inequity, foster empathy, and educate others to recognize their part in the problems and solutions in Ozaukee County and beyond.” As a result of this contact, Karina facilitated two sessions with 15-20 members present at each session.

At the first session, Karina presented Simon Sinek’s Gold Circle, which focuses on WHY individuals, groups, and organizations do what they do. Members had time for reflection on their individual WHY for participating in Bridge the Divide and were asked to craft a WHY statement for the larger

group. Karina then facilitated small group discussions where members shared their responses and selected keywords that describe the WHY of the larger group.

At the second session, Karina shared the WHY statements from the first session along with the keywords and facilitated a process that reaffirmed the group’s existing purpose statement through personal reflection and small group discussion. At the conclusion of the second session, the group selected five core activities to focus on while the group takes a break from monthly meetings over the summer.

From evaluation, 95% responded that discussing organizational vision assisted them in identifying a direction for the organization’s future and 92% agreed that the sessions allowed them the opportunity to share their thoughts and opinions. Overall, 95% of participants evaluated Karina’s facilitation as good or excellent and one commented “Your professionalism was very apparent and truly helped keep us on task.”



Upcoming Events

June 4, 2019

- 4-H Clothing Revue, Fairgrounds, Pavilion

June 8, 2019

- [Horticultural Therapy Workshop](#), Public Agency Center, West Bend, 9:00am.

June 11, 2019

- [4-H New Family Fair Preview Night](#), Fairgrounds, Pavilion, 6:30pm.

June 19, 2019

- 4-H New Camper Orientation, Fairgrounds, Pavilion, 6:00pm.

June 20, 2019

- 4-H Leaders Association Board Meeting, Fairgrounds, Pavilion, 6:00pm.
- 4-H Leaders Association Meeting, Fairgrounds, Pavilion, 7:30pm.

June 26—29, 2019

- [4-H Summer Camp](#), Wautoma

June 27, 2019

- [Ozaukee Master Gardeners General Meeting](#), Ozaukee County Admin. Building, Auditorium, 7:00pm.

July 1, 2019

- [4-H County Fair Project Entry Deadline](#)

July 4, 2019

- Independence Day, Office Closed

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